



BORDERLINE PERSONALITY DISORDER

Borderline Personality Disorder (BPD) is a mental health condition that affects how a person thinks, feels, and relates to others. People with BPD may experience intense emotions, have difficulty regulating their emotions, and struggle with forming stable and healthy relationships. This disorder can lead to impulsive behavior, self-harm, and a fear of abandonment.

Symptoms: The symptoms of BPD can vary among individuals but may include:

- Intense fear of abandonment or rejection.
- Unstable and intense relationships with others, often marked by alternating idealization and devaluation of people close to them.
- Identity disturbances or an unstable self-image.
- Impulsive behaviors, such as self-harm, substance abuse, reckless driving, or binge eating.
- Frequent mood swings and emotional instability.
- Feelings of emptiness or chronic boredom.
- Intense anger or difficulty controlling anger.
- Dissociative experiences or feeling disconnected from oneself or reality.

BPD is a complex disorder, and each person's experience can vary. If someone suspects they or a loved one may have BPD or any other mental health concern, it is crucial to seek professional evaluation and support from a mental health provider or psychologist.



TREATMENT

Dialectical Behavior Therapy (DBT): focuses on teaching skills for emotion regulation, distress tolerance, interpersonal effectiveness, and mindfulness. It helps individuals cope with intense emotions and develop healthier ways of relating to themselves and others.

Schema-Focused Therapy: This approach addresses deep-seated negative beliefs and patterns that underlie BPD symptoms and helps individuals develop more adaptive coping strategies.



MYTHS ABOUT BPD

It's important to challenge these common myths and replace them with accurate information about BPD. Education and understanding are essential in reducing stigma and promoting empathy for individuals living with mental health conditions like BPD.



Myth: People with BPD are manipulative and attention-seeking.

Fact: It's a misconception that individuals with BPD intentionally manipulate others or seek attention. BPD is a genuine mental health disorder characterized by emotional dysregulation, and their behavior is a result of coping mechanisms developed to deal with intense emotions and fear of abandonment.

Myth: BPD is the same as bipolar disorder.

Fact: BPD and bipolar disorder are **distinct** mental health conditions with different diagnostic criteria and treatment approaches. BPD primarily involves emotional dysregulation and difficulties with interpersonal relationships, while bipolar disorder is characterized by mood swings between depressive and manic episodes.



Myth: People with BPD are incapable of having stable relationships.

Fact: While forming and maintaining stable relationships can be challenging for individuals with BPD, it is not impossible. With appropriate therapy and support, individuals can learn coping skills and develop healthier relationship patterns.



Myth: BPD is untreatable and cannot be managed effectively.

Fact: With appropriate and evidence-based treatment, individuals with BPD can significantly improve their symptoms and lead fulfilling lives. Therapy, such as dialectical behavior therapy (DBT), has shown to be effective in helping individuals manage their emotions and behaviors.



Remember, this fact sheet is for informational purposes only and not a replacement for professional psychological advice. Always consult a qualified healthcare provider for personalized guidance and treatment options.